

CLAIMS

We claim:

1. An exercise unit comprising:
a frame;
a seat positioned on said frame;
5 a resistance engine attached to said frame and utilizing
elastomere springs;
an actuator attached to said resistance engine
wherein said resistance engine provides a constant load to a user
when said actuator is actuated.
- 10 2. An exercise unit as defined in claim 1, wherein said resistance
engine is able to be selectively pre-loaded.
3. An exercise unit as defined in claim 1, wherein:
said actuator is a cable.
4. An exercise unit as defined in claim 3, wherein:
15 said cable is a cord.
5. An exercise unit as defined in claim 1, wherein:
said frame defines a bench; and
said resistance engine is positioned completely below said seat.
6. An exercise unit as defined in claim 3, further comprising:
20 a spiral pulley positioned between said resistance engine and
said cable.
7. An exercise unit as defined in claim 3, further comprising:
means for modifying said increasing load into a constant load
when a user actuates said resistance engine.
- 25 8. An exercise unit as defined in claim 7, wherein said means
comprises a spiral pulley.
9. An exercise unit comprising:
a frame;
a seat positioned on said frame;

means, attached to said frame, for providing a constant load to a user, said means utilizing resilient bands;

an actuator attached to said means.

10. An exercise unit as defined in claim 9, wherein:

5 said means are located below said seat.

11. An exercise unit as defined in claim 10, wherein:

said frame defines a bench exercise unit.

12. An exercise unit as defined in 9, wherein:

said means includes a means for pre-loading.

10 13. A bench exercise unit comprising:

a frame;

a seat positioned on said frame;

a resistance engine utilizing resilient bands and including means for providing a constant load;

15 at least one movable arm;

an actuator attached to said resistance engine and said arm for use by a user in effecting an exercise motion.

14. A bench exercise unit as defined in claim 13, wherein:

said at least one arm is movable in one dimension.

20 15. A bench exercise unit as defined in claim 13, wherein said at least one arm is movable in two dimensions.

16. A bench exercise unit as defined in claim 13, wherein said at least one arm is movable in three dimensions.

17. A bench exercise unit as defined in claim 13, wherein:

25 said actuator is a cable; and

said cable is attached to said resistance engine by a cable pulley system.

18. A bench exercise unit as defined in claim 17, wherein:

said means for providing a constant load is a spiral pulley.

30 19. A bench exercise unit as defined in claim 13, wherein:

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20. A bench exercise unit as defined in claim 19, wherein said

21. A bench exercise unit comprising:

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an adjustable load resistance engine; and

wherein a user can personally relocate the exercise unit.